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# CITY WALKERS RAISE \$12K IN FUNDRAISER, PG2

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## Too soon to talk end of embargo: Obama adviser

**CUBA** Talk of ending the United States' 47-year-old Cuban trade embargo was premature and won't happen unless Havana alters its policies, U.S. President Barack Obama's top economic adviser said yesterday.

"That is way down the road, and it is going to depend on what Cuba does going forward," White House director of the national economic council Lawrence Summers told NBC's Meet the Press, when asked under what circumstances Obama would lift the embargo.

Obama last week relaxed parts of the trade embargo, imposed by Washington after Fidel Castro's 1959 revolution. The move drew conciliatory remarks from Cuban President Raul Castro and has raised hopes of rapprochement.

REUTERS

MORE COVERAGE, PG 4

**SunnySide** pg 6

Help Hines find a hobby

EARTH DAY: APRIL 22

GoGreen

In honour of Earth Day on Wednesday, Metro is providing you with ways you can go green and lessen your environmental footprint.

**TODAY**  
GOING GREEN. While saving the planet is serious business, you can still have fun while you're at it. Page 7.

**TOMORROW**

HEALTH. Tips to achieving an eco-friendly sex life.

ENTERTAINMENT. How the music industry is going green.

**EARTH DAY**

MOVIES. We have a review of the Disney film Earth GOING GREEN. A special section devoted to Earth Day

In honour of Earth Day, Metro Ottawa will be published on recycled paper every day this week.

## Demonstration Pro-Tamil rally



Rajan Yogarasa, a Tamil-Canadian student from Mississauga, left, leads chants during a demonstration along Wellington Street yesterday afternoon. With members of Parliament returning to work this week, pro-Tamil supporters are preparing for some of their largest crowds today and tomorrow. Story, pg 2

## Support for Lansdowne growing: Councillor

**TIM WIECLAWSKI**  
tim.wieclawski@metronews.ca

**PROPOSAL** Support around the council table is growing for a redevelopment at Lansdowne Park.

Mayor Larry O'Brien and many city councillors spent much of the weekend attempting to build a consensus on the issue. There

appears to be growing support behind motions favouring the Lansdowne Live proposal, a city councillor said.

Barrhaven Coun. Jan Harder said the city needed to move forward in an

aggressive fashion in negotiating with the Lansdowne Live group.

Harder said they could carve off 12 acres on the canal side of the park for public space that could be subject to a design competition, or developed with the National Capital Commission.

Senators Sports and Entertainment owner Eugene Melnyk's statement that he wasn't interested in a partnership seems to have simplified the process. Harder said Melnyk could still move forward with his plans to develop retail and commercial space around Scotiabank Place.

## ShareYourViews

ottawaletters@metronews.ca

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# Nadia's light shines

Walk held to raise awareness of depression, Internet dangers

**TRACEY TONG**  
tracey.tong@metronews.ca

**She would drop everything to comfort a friend or help a stranger. She loved music and would buy CDs from street musicians to let them know they mattered. She once rescued a stray dog and gave it a home.**

With Pink Floyd's Wish You Were Here playing in the background, the family and friends of Nadia Kajouji hugged and cried as they remembered the girl who, in the words of her mother, Deborah Chevalier, "brought joy to the lives of all those who knew her."

Looking at the 50 or so people gathered on the edge of the Rideau River at

Clegg Street, Chevalier scattered flower petals in the water and raised her candle to her daughter.

"To you, Nadia."

On a sunny, breezy day yesterday, Chevalier led a group of people along the Rideau River from Carleton University in the Walk for Nadia, retracing the 18-year-old Carleton student's final journey to where her body was found a year ago.

The victim of an apparent suicide, Kajouji was found dead in the Rideau River last April 20 after a five-week search. Charges are still pending against a Minnesota man who allegedly encouraged Kajouji to commit suicide over the Internet.

The walk had two purposes, said Chevalier — to remember Kajouji and to



Nadia Kajouji's mother, Deborah Chevalier, in cap, hugs a friend during the Walk for Nadia yesterday.

push stricter laws regarding Internet predators.

In the past, as long as people didn't meet strangers on the Internet, they were considered to be safe, she said. It's no longer the case, she said.

"And he's not the only one out there," said Chevalier. "How many more

must die before we take this seriously?"

The last year was extremely difficult, said Chevalier. "She was everything to me."

Following Nadia's death, many things were said about her, said Chevalier.

"We all know she suffered from depression ... But she lived a wonderful life."

"The first holidays without her have been hard," said Kajouji's aunt, Candita Mills, who remembers Kajouji's "zeal for life. She lit up a room with her laughter," she said.

Through Nadiaslight.ca, the family is hoping to raise awareness about depression and the dangers of the Internet, said Kajouji's cousin.

In response to the recent rash of grass fires, Ottawa Fire Services is cracking down on residents who start unauthorized open-air fires. Residents must contact Ottawa Fire Services prior to the burn to verify if any restrictions are in place. **METRO OTTAWA**

## Folk fest rejects bottled water

The 2009 edition of the Ottawa Folk Festival is joining the growing movement to reject bottled water. Working closely with Ottawa Riverkeeper, Council of Canadians, Life Without Plastics, and CUPE 503, the Ottawa Folk Festival announced that this year's festival will tap into public drinking water instead of selling bottles in an effort to inspire audience members, volunteers, artists and other events to make changes.

**METRO OTTAWA**

# Local



### Police investigate sexual assaults

**CRIME** Ottawa police continue to investigate two sexual assaults in the city over the weekend. A 21-year-old woman in the city's west end was sexually assaulted early Saturday morning, while a man broke into her Britannia-area residence and climbed on top of her while she slept. And at 2 a.m. on Friday, a male suspect pulled a woman in her 20s into an alley in the area of Dalhousie and Catcart streets and inappropriately touched her.

**METRO OTTAWA**

### News in brief

**INVASION** A 35-year-old Ottawa man appeared in court yesterday facing charges relating to a home invasion robbery that sent a victim to hospital with head injuries. Jamie Walsh faces charges including robbery, aggravated assault, and using a firearm during the commission of an indictable offence.

**METRO OTTAWA**

metronews.ca

What's online today.

**Blogs** It's Called Football welcomes Canada's new head coach, Stephen Hart, for an exclusive interview. **Video** Stephen Harper joins world leaders tipping their hats to Barack Obama after Summit of the Americas at metronews.ca/canada

**Lotteries**  
Friday, April 17  
Lotto Super 75, 19, 21, 33, 35, 36 & 44. Bonus 28.  
Saturday, April 18  
Lotto 6/49: 4, 5, 21, 33, 42 & 47. Bonus 24.  
Sunday, April 19  
Ontario Pick 3: 277;  
Ontario Pick 4: 3375  
Encore: 3295807  
Daily Keno: 5, 9, 10, 11, 14, 18, 27, 29, 35, 37,  
38, 40, 44, 47, 54, 57, 58, 59, 62, 63.  
These results are not official.

# Ottawans show some heart

More than 200 participants raise \$12,000 for foundation

**SunnySide**   
TRACEY TONG  
tracey.tong@metronews.ca

**When Buddy Leung suffered a heart attack three years ago, it changed his life for the better.**

He got more exercise, reduced his stress levels at work and got active with the Heart and Stroke Foundation, taking on a role as area captain for the annual canvassing campaign.

Yesterday, he and his wife, Christine, attended the Walk for Heart at city hall.

"We're here to raise awareness and to support (patients suffering from heart disease and stroke) and also, to remember what happened to Buddy," said Christine Leung.

At yesterday's walk, the Leungs' story wasn't unique.

Many of the participants are either survivors of



TRACEY TONG/METRO OTTAWA

Ottawa resident Christine Leung, left, warms up for the Walk for Heart at city hall yesterday, where more than 200 participants raised \$12,000 for the Heart and Stroke Foundation.

heart disease and stroke or have lost loved ones to the disease, said event organizer Melanie Fulop.

Indeed, more than 200 participants brought in \$12,000 — with more expected to come — for the

Heart and Stroke Foundation.

Bernie Hurley participated in the walk with his family, raising \$1,000.

"My dad developed heart disease three years ago," said Hurley, an ophthalmologist who was accompanied by his wife, Melissa, kids Devin, Jenna, and Luke, sister Karen and their friend Candace Bardea. "He was very sick in ICU when it first happened."

"Even though you hear about the economy, people really want to give in whatever way they can, whether it's through volunteering or participation or through donations," Flowers said.

"The support is still there."

## Cycling projects up in air: Group

**TIM WIECLAWSKI**   
tim.wieclawski@metronews.ca

**POLITICS** A restructuring of the city's bureaucracy is supposed to make it a more citizen-focused organization, but cycling proponents say they've been lost in the shuffle.

Cycling safety programs are being advertised in the city's spring recreation guide, but due to poor funding and a couple rounds of layoffs, nobody is left running them.

In the city's restructuring, Wilf Koppert, the program manager responsible

for the program, was laid off.

Koppert's manager was moved to a new department and the two supervisors above him were laid off before last year.

"The whole cycling project is up in the air. We don't know where it's going to land, but things are not looking good for the first year of the cycling plan," said Charles Akben-Marchand with Citizens for Safe Cycling.

Until 2006, Citizens for Safe Cycling was running two cycling programs that were funded by the city for around \$82,000. In 2007,

the city dropped that funding to \$50,000 for education, but that was dropped during the budget.

EnviroCentre eventually picked up a \$30,000 contract to run cycling programs until 2008.

In 2009, the city sent out a request for proposals to run cycling programs, but neither group put up a bid because there was just not enough funding.

"The total budget for this year to do all sorts of stuff like CanBike ... is \$50,000. That's it," said Dana Silk, the general manager of EnviroCentre. "It's appalling."

## Protesters prep for big turnout

**TIM WIECLAWSKI**   
tim.wieclawski@metronews.ca

**DEMONSTRATION** With members of Parliament returning to work this week, Tamil supporters are preparing for some of their largest crowds so far today and tomorrow.

"The war back home is not ending so people are getting more desperate for help," said Tharsan Siva, a Tamil-Canadian uOttawa student. "We want Stephen Harper to realize this is not just one person's cause."

Tamil supporters have been demonstrating out-

side of Parliament Hill for nearly two weeks.

The group has been asking for the Canadian government to call for a ceasefire in the decades-long civil war in Sri Lanka.

For 10 days, a small group of protesters attempted a hunger strike, but that was abandoned on the weekend over health concerns and pleas from Tamil leaders and members of Parliament.

The group is now circulating a petition calling on the Canadian government to ask for a ceasefire in Sri Lanka. They hope to present the petition to MPs tomorrow.



ctvottawa.ca

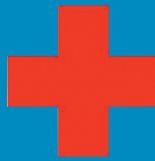
**CTV NEWS**  
Weeknights 6:00

OTTAWA'S NEWS LEADER

## OPP step up search for missing 8-year-old

The Ontario Provincial Police on Saturday launched an intensified search in Woodstock, Ont., for missing eight-year-old Victoria (Tori) Stafford, who was last seen on April 8. Police will also be re-examining older information and tips, and detectives will be canvassing homes and residents for new leads. **CBC NEWS ONLINE**

# Canada



## Red Cross seeking flood aid

The Canadian Red Cross is appealing for donations to support people affected by the flood in Manitoba. So far, more than 900 people have registered at the Red Cross reception centre in Winnipeg as the province said Saturday that 1,923 people have been evacuated in the flood. More than 1,200 of those are people from First Nations communities.

**CBC NEWS ONLINE**

## Harper praises ties with Jamaica

**Prime Minister Stephen Harper will hail the "extraordinary" ties between Canada and Jamaica and the positive contributions of Jamaicans to Canadian society during an historic address to that country's parliament today.**

"This visit is particularly important and symbolic for the Jamaican-Canadian community. It's symbolic of our relations with Jamaica," Harper told Torstar News Service in an exclusive interview yesterday. "It's also a real chance to acknowledge the strong and positive contribution that Jamaican-Canadians do make, sometimes not probably recorded or appreciated, he said from Port of Prince, Trinidad.

Harper arrived in Kingston, Jamaica last night from Trinidad where

he had been attending the Summit of the Americas. Joining Harper onboard the government Airbus jet was Jamaican Prime Minister Bruce Golding, who had also been attending the summit.

Today, Harper will address a special sitting of both houses of the Jamaican Parliament — a first for a Canadian prime minister.

"The Jamaican community is gradually coming of age in Canada and Jamaicans themselves are proud of that and that's something that enhances our relationship," he said.

Harper will also be pressing efforts to cement a free trade deal, which he touts as one remedy to the nation's poverty.

He said Jamaica has been hit "terribly hard" by the



Prime Minister Stephen Harper is escorted by a Trinidadian protocol officer as he arrives for the closing session at the Fifth Summit of the Americas in Port of Spain.

economic woes but has avoided the worst of the financial sector collapse because the banking sector is

almost entirely Canadian. "They've been sheltered from the worst fallout of the financial crisis. But the

country has significant economic and financial challenges," he said.

**TORSTAR NEWS SERVICE**

## Union opposes CFIA's planned emergency fund

**SAFETY** The Canadian Food Inspection Agency plans to establish an emergency fund by withholding money from daily operations, says the union representing food inspectors.

The Agriculture Union estimated the fund would restrain the operational budget at CFIA by about 10 to 15 per cent, which it fears would cancel plans to hire additional food inspectors and actually raise the risk of outbreak.

The parliamentary sub-committee on food safety will hear from Maple Leaf CEO Michael McCain today as part of a probe into a potentially deadly strain of listeria traced to Maple Leaf meats that became a factor in at least 20 deaths last summer.

**TORSTAR NEWS SERVICE**

## Canadian warship chases down pirates after hijacking attempt

**PIRACY** NATO forces foiled an attack by Somali pirates on a Norwegian oil tanker, and briefly detained seven gunmen after hunting them down under cover of darkness, NATO officials said yesterday.

It was the latest assault by sea gangs from Somalia who have hijacked dozens of ships, taken hundreds of sailors hostage and made tens of millions of dollars in ransoms — defying an unprecedented deployment by foreign navies in the region.

Michael McWhinnie, a spokesman on the Canadi-

an warship Winnipeg, said it, a British naval supply ship and U.S. warship Halyburton responded after pirates attacked the 80,000-tonne MV Front Ardenne in the Gulf of Aden late Saturday.

The gunmen, who were armed with assault rifles and rocket-propelled grenades, fled south in their skiff as the NATO forces approached, dumping weapons overboard.

McWhinnie said a helicopter deployed by the Winnipeg fired several warning rounds in front of the pirates' small craft

from its machinegun, but they ignored it.

The Canadian warship then pursued them for hours through the night, extinguishing its lights to hunt the gang in the dark.

"We blocked their path. We were faster and surprisingly more manoeuvrable than the pirate skiff," McWhinnie said.

The Canadian ship then sent a boarding party to search the pirate vessel and found an RPG round, which they seized. After documenting the evidence, the crew let the pirates go.

**REUTERS**

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# World/Business

## Journalist must have legal rights: Iran chief

**COURTS** Iranian President Mahmoud Ahmadinejad has called on the judiciary to ensure that an Iranian-American journalist jailed for espionage enjoys her legal right to defend herself, the official news agency IRNA said yesterday.

Roxana Saberi's lawyer welcomed Ahmadinejad's intervention in a letter to Tehran's prosecutor, published a day after the U.S.-born freelance reporter was sentenced to eight years in jail on charges of spying for the United States.

Lawyer Abdolsamad Khorrashahi has said he will appeal the verdict, which comes at a time when the new U.S. administration of President Barack Obama is trying to engage the Islamic state diplomatically, after three decades of mutual mistrust.

Obama said he was "deeply concerned" for Saberi's safety and urged Tehran to free her.

"I have complete confidence that she was not engaging in any sort of espionage," Obama told a news conference in Port of Spain, Trinidad and Tobago.

REUTERS

## Obama sees positive signs on Cuba

But U.S. leader calls on communist nation to give people more political freedom

**U.S. President Barack Obama said yesterday he saw "potential positive signs" of better relations with Cuba and Venezuela, but he called on Cuba to back them up by giving its people more political freedom.**

Obama spoke after attending a Summit of the Americas in Trinidad and Tobago which he said focused on "launching a new era of partnerships" between the countries of the western hemisphere.

Communist-ruled Cuba was excluded from the meeting but the summit was dominated by speculation over the prospect of an end to the long conflict between Washington and Havana after Cuban President Raul Castro said last week he was open to talks.

**RACISM** A growing Western boycott threatens to undermine a United Nations conference on racism that Israel's friends say could become a platform for scathing criticism of the Jewish state.

The United States announced on Saturday it would stay away, citing "objectionable" language in a text prepared for the Geneva meeting which



U.S. President Barack Obama addresses a news conference on the rooftop terrace of his hotel after the conclusion of the Fifth Summit of the Americas in Port of Spain, yesterday. Communist Cuba was excluded from the meeting but President Raul Castro said he was open to talks.

Obama also received friendly overtures during the summit from left-wing Venezuelan President

Hugo Chavez, whose close alliance with Cuba and fierce criticism of U.S. policies in the region had

strained relations with Washington in the past.

"For the past few days, we've seen potential posi-

tive signs in the nature of the relationship between the United States, Cuba and Venezuela," Obama told a news conference.

"We're going to explore and see if we can make progress," Obama added, recalling Raul Castro had said he was willing to talk about political prisoners and human rights.

Obama went on: "But as I've said before, the test for all of us is not simply words but deeds."

Recalling his move last week to ease aspects of the 47-year-old U.S. trade embargo against Cuba, Obama reiterated a call for Cuba to reciprocate by freeing political prisoners and addressing freedom of expression and religion, saying these issues cannot be brushed aside.

REUTERS

## Boycott may subvert meeting

Iranian President Mahmoud Ahmadinejad will address today, its opening day.

Australia and the Netherlands joined the boycott yesterday and Italy and Germany are also expected to sit it out.

The United States and Israel walked out after Arab states sought to define Zionism as racist in 2001.

REUTERS

## Gunmen nab foreign workers

### Somalia

- Somalia has been mired in civil conflict for 18 years and is one of the most dangerous countries in the world.

in Somalia, which are normally blamed on hardline Islamist rebels and clan

militia, have cut the ability of relief agencies to respond to a humanitarian crisis that many say is Africa's most acute.

Local elder Hassan Maalin told Reuters by telephone from central Somalia: "Unidentified armed men kidnapped two MSF-Belgium aid workers in Bakol region."

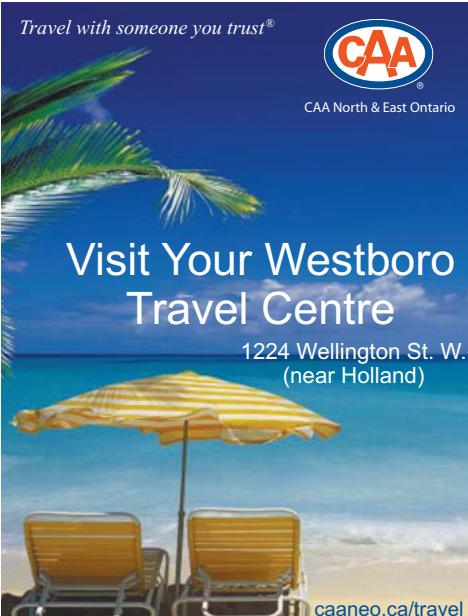
REUTERS

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## Business

## Watchdog criticized after Conquest's fall

**The first clues that now-defunct Conquest Vacations could be in trouble emerged six months ago, when the seller of packaged holidays ran afoul of provincial guidelines that stipulate how much cash it needed to have on hand to pay its bills.**

While not necessarily an ominous sign in an indus-

try known for its volatility, the event nevertheless spawned discussions between Conquest management and the province's travel industry watchdog, the Travel Industry Council of Ontario, or TICO.

In March, TICO gave Conquest a deadline of April 14 to put more money into its working capital fund or face a suspension.

But TICO president Michael Pepper said Conquest instead opted to pull the plug on the travel firm the next day in a move that ruined the plans of thousands of Canadians.

While Pepper says he stands by his decision to attempt to work with Conquest, others have questioned whether TICO could have done more to soften

the impact of Conquest's shutdown.

Bruce Bishins, president of the Association of Retail Travel Agents, said a shortfall in Conquest's working capital, which refers to money used to pay bills or other short-term expenses, should have prompted TICO to stop Conquest from selling travel packages.

TORSTAR NEWS SERVICE

## Business in brief

**AUTO** The Canadian Auto Workers union has little choice but to accept cuts of over 20 per cent in its members' wages and benefits when talks with Chrysler over cost savings resume next week, analysts said.

**ENERGY** Low prices are almost certain to have slashed profits for Canada's biggest oil and gas producers, who begin their first-quarter earning season in earnest this week. Prices were mired in recessionary lows in

the quarter, with oil down 55 per cent and the average natural gas price shaved by nearly half from the year-prior period.

**PAPER** Quebec agreed on Friday to provide a \$100-million

US loan guarantee to Abitibi-Bowater Inc. as the newsprint maker attempts to restructure its operations under bankruptcy protection in Canada and the United States.

REUTERS

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Maldives .....16.9¢  
Nepal from.....7.9¢  
Sri Lanka .....11.9¢  
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### Latin America

**CUBA** 85

Haiti.....16.9 ¢ Bolivia.....6.9 ¢  
Honduras.....15.9 ¢ Chile.....2.9 ¢  
Panama.....3.9 ¢ Colombia.....3.9 ¢  
Uruguay.....7.9 ¢ Dominican Rep.....6.9 ¢  
Venezuela.....2.9 ¢ Mexico.....2.9 ¢

### Middle East

**LEBANON** 9.9

Bahrain.....5.9 ¢ Kuwait.....6.9 ¢  
Egypt.....14.9 ¢ Oman.....17.9 ¢  
Iran.....3.9 ¢ SaudiArabia.....3.9 ¢  
Iraq.....4.9 ¢ Syria.....18.9 ¢  
Israel.....2.9 ¢ U.A.E.....19.9 ¢



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# Comment & Views

## Comment

## Everyone needs a hobby

## HineSight

Anne Hines



It's contest time! This contest is called, "Help Anne choose a hobby." What could be more fun? Well ... choosing a hobby for yourself. That would be way more fun. But, will it win you one of the fabulous prizes listed below? I think not.

And frankly, I need the help. Now that my children are grown, I find something unexpected has returned to my life. Not disposable



income, that's gone for good. Along with my stomach muscles, memory and the ability to get through a day without humming the Teletubbies theme song.

But what I do have now and then, is a whole spare 10 or 15 minutes to do something for myself. Clearly, I'm ready for a hobby.

I do go to the gym. I thought that was my hobby. Then I found out the definition of "hobby" isn't "an activity you'd rather gnaw your own arm off than have to do on a regular basis."

I'm hoping Metro readers can help me find

## On the web

## How to participate

- Suggest a hobby for Anne at [contests@metronews.ca](mailto:contests@metronews.ca)

something better.

The guidelines:

- It cannot involve a large outlay of cash. So, piloting a small aircraft or buying fashionable yoga gear is out.
- It's best to avoid activities that involve using or being in the vicinity of sharp objects. I tried gardening once and ended up getting a twig stuck in my eye and having to be rushed to the hospital. Gardening is not really the relaxing activity it's made out to be.
- It should not involve eating icky, unidentifiable things. This rules out becoming a contestant on Survivor or taking up vegan cooking.
- It should, ideally, be legal.
- No tatting. I can't imagine saying, "Oh yes, I tat."

## SunnySide

just can't.

Other than that, the field's wide open.

Anyone who has an interesting, cheap, non-threatening, non-icky, legal hobby, I'd like to hear about it. I'll choose a winner and give your suggestion a go.

Now, the prize. It was going to be a mug. Not just any mug. A Metro newspaper mug. But I decided against that on the basis that we don't have any. I considered giving away my own mug. It's from the Elvis Presley Inn, Jerusalem. I was even prepared to wash it before I mailed it. However, Metro has graciously donated loged pens and chocolates. I know. I'm a little breathless myself.

So. Hobbies. Help me out. And let the games, or crocheting or Middle Eastern European stamp collecting, begin.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

## SUMMIT OF THE AMERICAS



## Quote of the Day

***"There is nothing inhuman about my fiction. It is just ... that I am chasing a different hare around the track."***

— British author J.G. Ballard defending his writing against suggestions it was excessively bleak. Ballard died Sunday. **REUTERS**

## Views

## Environment and economy go hand in hand in future development

## InTransit

John Holmes



Earth Day, first celebrated in 1970, was one of the first global environmental actions. It's shocking that,

though the environment has been on the agenda for decades, it's taken until the 2000s for the issue to be become truly mainstream.

An argument has long been made that, by taking tough action on polluters, we'll somehow ruin the economy. By not acting, we're well on the way to ruining both.

Our reliance on oil is just one example. Politicians ad-

EARTH DAY: APRIL 22  
Go Green

vocate resurrecting the failed auto industry as a short-term solution to the economic problem. Yet last year's triple figure gas prices showed how much our disposable income is dependent on oil. Our economy is global. Make no mistake, stock markets

will not rise when environmental catastrophes, such as floods and droughts become ever more common.

From a transit perspective, tough decisions need to be made now. In this respect, the City of Ottawa is rather like a student who has left his term paper to the last minute, and is struggling to cobble together an answer.

However, Earth Day is about taking positive steps.

A local branch is active in Ottawa ([earthdayottawa.ca](http://earthdayottawa.ca)), and has a number of events planned. From a transit perspective, the most interesting is the Solar Sprint, which sees students build and race solar-powered cars. But it's also about personal gestures, such as walking or taking the bus to work. You never know, you might even like it.

Nationally, some six million people are expected to

get involved. The numbers alone suggest the environmental movement is healthy at the grassroots level. We also need our leaders to show they understand economic and environmental prosperity are more intricately linked than they previously liked to admit.

John Holmes is a writer for various publications in Canada and the U.K. He's never had a driver's licence, and has relied on public transit all his adult life; [ottawaletters@metronews.ca](mailto:ottawaletters@metronews.ca)

**It's your turn to tell others what you think. Email your thoughts and opinions to: [ottawaletters@metronews.ca](mailto:ottawaletters@metronews.ca)**  
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**J.J. SAID IT WOULD!**

J.J. Clarke

[ctvottawa.ca](http://ctvottawa.ca)

**CTV NEWS**

OTTAWA'S WEATHER LEADER

## Form a green team at work

We spend about one-third of our time at work. And that's where almost half of our greenhouse gases come from, according to Kim McKay and Jenny Bonnin's True Green @ Work: 100 Ways You Can Make the Environment Your Business. Form a green team for your office and look at ways to cut back on electricity and waste. **TORSTAR NEWS SERVICE**

# Going Green

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

## Easy ways to celebrate

One billion people expected to mark Earth Day



**It's Earth Day on Wednesday, and while saving the planet is serious business, you may as well have fun while you're at it. Globally, one billion people in 170 countries are expected to join the celebration of the planet we all live on, organizers say.**

Kelly Magill, editor of Positively Green magazine, has some tips for ordinary families to join the party. She treats it like a birthday and recommends parents take their kids on a planetary adventure.

"Just get outside! Go to a park or on a hike. Take a picnic with you and spend the day investigating nature," she says. "If you have bikes, take a family bike ride. Getting comfortable with biking when you're young makes it easier to bike instead of drive when you're an adult."

If you live near a zoo or wildlife park, take your family there to instill a sense of love and respect for animals, she suggests. In a similar vein, go on a strawberry picking adventure and bring the fruit home to enjoy.



There are many ways you can celebrate Earth Day, including starting a garden in your backyard.

"This activity really makes our connection to the Earth clear."

An easier option is to visit your local farmers' market.

Building this connection between the Earth and what we eat makes it easier to understand why protecting the planet is important, she explains.

Magill recently finished making a batch of soap

### Websites

- Go to Earthday.ca to find local Earth Day events or visit Positivelygreen.com for more tips on green living.

"Families used to make all of their own 'beauty' products and they knew exactly what was in them," she explains.

"You can find easy recipes on the web."

It doesn't take long and it also makes bath time more fun.

For a more ambitious project, start a garden in your backyard or in a container in your house.

"Let your child choose what to plant. This way, they're more likely to eat it. Don't get too ambitious — choose two or three things to plant," she says. "You and your child can check on your garden throughout the spring and summer and harvest what you've grown together."

A simpler idea is to set up a bird feeder.

"Spring means baby birds and feeding," Magill smiles. "You'll see all kinds of birds visiting your feeder."

## Fossil fuels also form smog

Global warming is not the only reason we should reduce our fossil fuel emissions. The burning of fossil fuels releases air pollutants. Some of these compounds can then form airborne particles and ground-level ozone — which, combined together, is commonly referred to as smog. Increased levels of exposure to smog may cause congestion, difficulty breathing and asthma attacks.

DAVID SUZUKI FOUNDATION

## Index tracks attitudes

The Canadian Green Home Index, developed by Environics Research for The Home Depot Canada, has assigned Canadians a moderate 60 out of 100 rating in its inaugural release. Based on a basket of five questions, the Canadian Green Home Index tracks

Canadian attitudes and behaviours as a means to measure progress toward greening their homes. "Canadians want to be

more environmentally friendly, but it's an ongoing process to change these important behaviours," said Annette Verschuren, president, The Home Depot Canada and Asia.

"We believe this index provides a real opportunity to add to the green

### Numbers

- A majority of Canadians (68 per cent) rate their home as "somewhat green." A further 13 per cent believe their homes are "very green." But an even stronger majority (83 per cent) acknowledge they have room to improve.

discussion so we can support further change and provide consumers with the tools they need to do more."

METRO NEWS SERVICES

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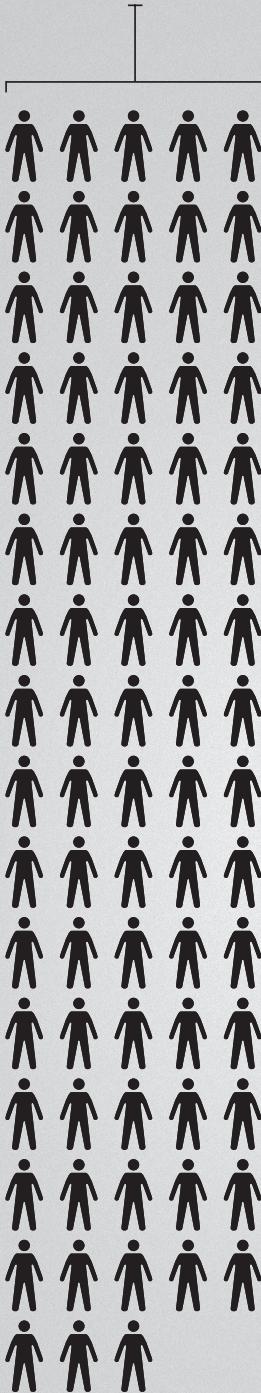
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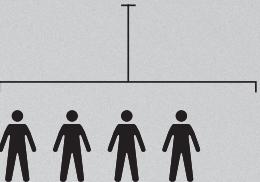
I'M THINKING



## DIABETES



## HIV/AIDS



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More people die per year from diabetes than HIV/AIDS. In fact, diabetes is a leading cause of death by disease in Canada. That's because diabetes puts you at higher risk for heart disease, stroke, kidney failure and other serious health complications. And research shows being of Asian, South Asian, Hispanic, Aboriginal or African Caribbean descent increases your chances of being diagnosed with type 2 diabetes.

Type 2 diabetes accounts for 90% of all diabetes cases – but it is preventable. You can find out how at [ontario.ca/diabetes](http://ontario.ca/diabetes)



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Monday, April 20, 2009

**Nestor, Zimonjic take title**

Canada's Daniel Nestor and Serbian partner Nenad Zimonjic won the Monte Carlo Masters men's doubles title yesterday. **METRO NEWS SERVICES**

**8**

# Sports

EDITOR: JOHN.CHICK@METRONEWS.CA

## Flyers beat Pens

### STANLEY CUP 2009 Playoffs

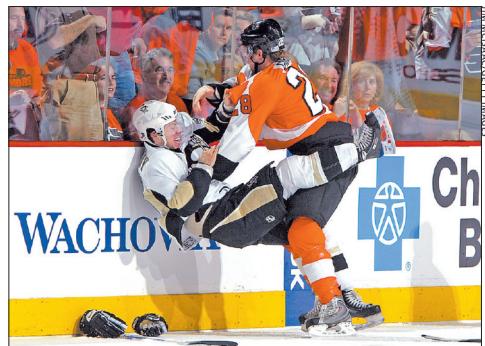
**Simon Gagne netted a pair of goals, as the Philadelphia Flyers posted a strong 6-3 victory over the Pittsburgh Penguins in Game 3 of their Eastern Conference quarterfinal series at Wachovia Center.**

Claude Giroux contributed a goal and assist for the Flyers, who climbed back into the series after dropping the first two games in Pittsburgh.

Jeff Carter, Mike Richards and Jared Ross also hit the net for Philadelphia, and Martin Biron stopped 26 shots for the win.

Evgeni Malkin tallied twice for the Penguins, who dropped their first road playoff contest since Game 2 of the 2008 Stanley Cup Finals in Detroit.

Rob Scuderi added a goal while Sidney Crosby picked up a pair of helpers. Marc-Andre Fleury allowed five goals on 29 shots in defeat. Game 4 is set for tomorrow in Philadelphia.



Claude Giroux of the Flyers takes down Pittsburgh's Tyler Kennedy yesterday. The Flyers won 6-3.

### CANUCKS 3, BLUES 2

Steve Bernier netted the game-winner early in the third period, as the Vancouver Canucks edged the St. Louis Blues, 3-2, in Game 3 of their Western Conference quarterfinal series.

Roberto Luongo was solid between the pipes, stopping 24 shots for the third-seeded Canucks, who lead the best-of-seven series, 3-0, and will look to complete the sweep tomorrow in St. Louis.

Vancouver scored all

three goals on the power play, with Daniel Sedin and Mattias Ohlund also lighting the lamp.

David Backes and Andy McDonald both registered a goal and an assist for the Blues, who had won their last five on home ice to conclude the regular season. Chris Mason made 23 saves in defeat.

For a recap of the other games, visit [metronews.ca](http://metronews.ca)



## Sixers stun Magic in opener

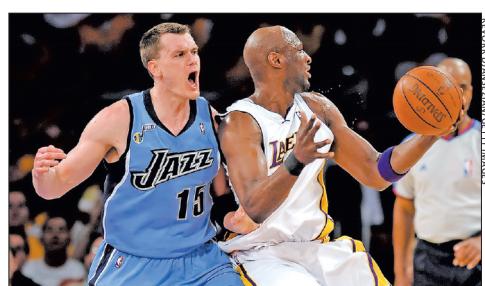
### NBA 2009 Playoffs

Andre Iguodala's fadeaway jumper from the top of the key over the outstretched arms of Hedo Turkoglu with 2.2 seconds left in regulation proved to be the game-winner, as the Philadelphia 76ers overcame an 18-point second-half deficit to take Game 1 of their Eastern Conference quarterfinal series, 100-98, against the Orlando Magic.

The sixth-seeded Sixers made 5-of-7 from three-point range in the fourth quarter, including a 3-of-4 effort by veteran Donyell Marshall.

Lou Williams scored eight of his 18 in the final stanza, which the visitors won, 35-19.

Iguodala finished with 20 points and eight rebounds, and did a tremendous job containing Turkoglu, who went 2-for-8 from the field for six points and missed a game-winning three at the



Matt Harpring of the Jazz guards Lamar Odom yesterday.

buzzer for the Southeast Division champs.

#### L.A. LAKERS 113, JAZZ 100

Kobe Bryant scored 24 points and dished out eight assists, and the Los Angeles Lakers led by double digits for a majority of their 113-100 victory over the Utah Jazz in Game 1 of their Western Conference quarterfinal series.

Bryant moved into third all-time on the Lakers' all-time postseason scoring list and ninth overall with 3,710 points, passing Magic Johnson. Trevor Ariza

added a playoff career-high 21 points, while Pau Gasol contributed 20 points, nine rebounds and four blocks for Los Angeles.

This marks the second straight season these two teams have met in the playoffs.

The Lakers defeated the Jazz in six games in the Western semis and have now beaten Utah six straight times at the Staples Center, playoffs and regular season.

**METRO NEWS SERVICES**

**Metro Workology exclusive: Paws and Claws**

Be sure to read Workology and Metronews.ca/work for our pet industry feature series Paws and Claws. Seen here is Lincoln, the two-year-old Black Lab mix, submitted by a loyal Metro reader.



# Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

## Talking your way into a new career

**OddJobs**
**Diane Peters**


Metronews.ca/oddjobs

Holly Perreault used to pull her hair into a ponytail, wash her face and go in the morning.

Now, the 42-year-old from Windsor, Ont., always dons a smart outfit and a little makeup. That's because she feels great about herself and her job. But also, as a full-time Avon salesperson, it doesn't hurt to use the products you sell.

Three years ago, she was doing something completely different. She ran a home daycare and kept busy with that and her three daughters, the youngest of which is now six.

A girlfriend who sold Avon suggested Perreault give it a try. Perreault agreed — eager to get some free stuff and make a little cash.

In that first year, she did

well selling to family and friends and made it into the company's President's Club. After the awards banquet, her manager took her out for lunch.

"What do you want to do with this?" she asked. Knowing her youngest was about to enter grade one, and loving both the products and the endless chance to interact with people, Perreault had her answer. She cleared two days each week to go out and train with her manager.

Last September, she shut down her home daycare and got to work recruiting both customers and Avon salespeople to work under her. Today, she has a team of a hundred salespeople, a good-sized roster of clients



Avon representative Holly Perreault says it's not a bad idea to wear the products you are trying to sell.

who order from Avon regularly and has been promoted to executive unit leader.

"A typical day for me is talking, and talking," Perreault says. She often meets with team members

to discuss business strategies, and she and other representatives attend frequent training sessions and workshops held by Avon. They also go door to door.

And while she's out doing everything from shopping at the mall to attending one of her daughter's soccer games, she's constantly talking to people.

"My goal every time I go out is to find a new customer or to find a new rep that would like to join Avon."

At first, it was tough for her to ring doorbells and talk to strangers all the time. But practice, her love of people, and her psychology degree all helped. As does the business skills she learned managing restaurants, which she did before her eldest daughter, now 15, was born.

In fact, most of her past experience has led up this job, she sees in retrospect.

"I never in a million

**The Lowdown**
**Job title:** Avon representative

**Salary:** About \$50,000 a year

**Education/Training:** One-on-one help, workshops and courses offered by Avon and its staff.

**Best part of the job:** Knowing I'm helping somebody else make or save money. And having three daughters, showing them that if you work hard, you can get rewarded for it.

**Worst part of the job:** "Not having enough hours in the day." years imagined when I started out and sold a few mascaras that it would become my full time career."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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David Miller, the only American singer in the international opera group Il Divo, is getting engaged, Miller, 36, proposed to his girlfriend, Sarah Joy Kabanuck, an opera singer and theatre actress who starred in Baz Luhrmann's *La Boheme* on Broadway. They have been dating for six years. [USMAGAZINE.COM](#)

# Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

## Accused Banks stalker on trial

**PEOPLE** The man charged with stalking former supermodel Tyra Banks went on trial Friday, with prosecutors saying he terrified the *America's Next Top Model* host by sending her packages and threatening her assistant.



Tyra Banks

Banks flowers and threatened to slit the throat of her assistant, causing Banks to "fear for her physical health and safety," prosecutor Shawn McMahon said.

"His actions made him a stalker — not a fan, but a stalker."

But Green's defense attorney, Sydney O'Hagen, portrayed Green as a harmless fan and said Banks courted admirers by giving them multiple ways of reaching out to her.

REUTERS

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# Northern exposure

Comedian Lewis Black crosses country on Dual Citizenship Tour

KEITH CARMAN  
for Metro Canada



**"It always makes sense to come to a new territory during a complete economic catastrophe," quips Lewis Black about traipsing Canada during one of the greatest financial strains since the Great Depression.**

Best known for his *Back In Black* short features on *The Daily Show With Jon Stewart*, which take a critical viewpoint of society, 60-year-old observational comedian Lewis Black brings his one-man stand-up act, *The Dual Citizenship Tour*, across Canada this month.

As is typical of Black, there's always a shroud of mystery surrounding his intent. He hides behind drollery while discussing the tour's title, stating that despite his adoration for the U.S., the political clarity which drives his humour forces him to make alternate living arrangements. The moniker is an imploration for Canucks to welcome

him into our family.

"I called it *The Dual Citizenship Tour* because I'm making an appeal to you to please stay independent," he continues. "I may be coming up here and someone's gonna have to keep me in their house. Canada is my escape route and this tour is my final appeal. I'm trying to cement the relationship. At any moment, the U.S. could go up in smoke so my hope is that you'll take me just in case."

In all reality though, the 12-date tour is the result of increased popularity due to his *Daily Show* stint. Black wasn't about to shrug off his first real chance to see The Great White North in its entirety.

"The attraction is really wanting to do that

drive across Canada," he relents. "I've always wanted to do (it) and now I have the opportunity. I can actually spend time here and see the inner-workings; the real elements."

To that extent, Black admits that he is striving to stay as far away from the typical Canucks-versus-Americans train of humour, feeling it worn out; overused. But he's not eliminating it entirely, expecting that his limited understanding of Canada will most likely become comedic fuel during

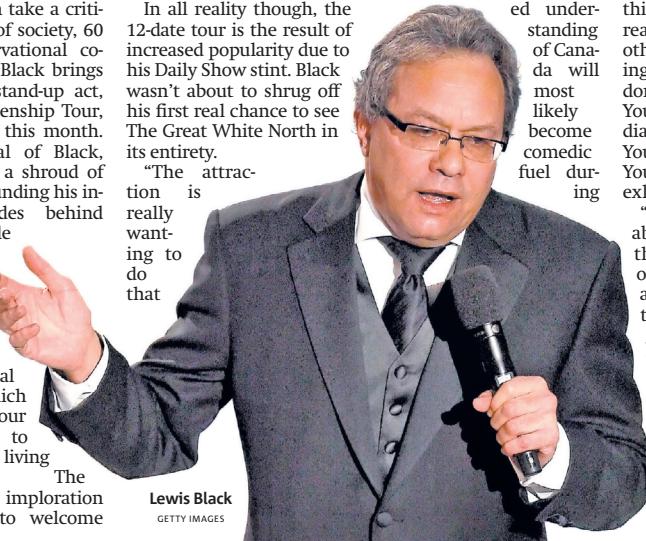
### Back in Black

- Lewis Black's Dual Citizenship Tour stops in Ottawa for a show at the Centrepoint Theatre tomorrow night. Details at [lewisblack.com](#).

the show's run.

"Hopefully I'll come out with 20 minutes of material about Canada. I can b—h about Stephen Harper to you guys when I'm hosting *Just For Laughs* this year. At this point, the tour doesn't really cater to (Canadians) other than (my) apologizing for being American. I don't think there's a need. You guys have been Canadian shoved in your face. You don't need me doing it. You're always sucking that exhaust."

"Instead, I'm talking about alternative energy, the economy ... Harper once I can get my head around him. My hope is to start seeing how you guys deal with stuff as opposed to how (Americans) deal with stuff, as long as I don't drink too much. We'll see what happens. I've got time before the tour starts so I'm sure more s—t will hit the fan on the way."



Lewis Black  
GETTY IMAGES

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## Paisley welcomes new son

Country singer Brad Paisley and his wife, According to Jim's Kimberly Williams-Paisley, welcomed a son Friday, their reps confirm to usmagazine.com. METRO NEWS SERVICES

# Ultra-bloody time waster

Statham reprises anti-hero role in Crank: High Voltage

## Crank: High Voltage

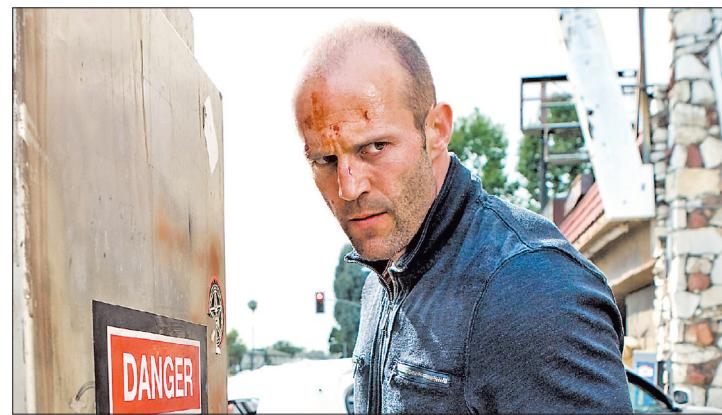
**Directors:** Mark Neveldine and Brian Taylor  
**Stars:** Jason Statham  
**Classification:** 18A  
**Rating:** 

CHRIS ALEXANDER  
for Metro Canada

**Crank: High Voltage is disgusting, disposable, disorienting, inhuman and infantile ... and those are its good points.**

Immediately picking up where the attention deficit friendly adventures of the first instalment left off, brutish British action hero Jason Statham returns as seemingly superhuman underworld anti-hero Chev Chelios, who, after surviving an impossible fall from a helicopter, has his heart removed by Triad organ thieves and replaced by a bionic one.

In order for Chev to beat the clock — again — and retrieve his resilient ticker, he has to keep his body constantly pulsing with electric



Jason Statham returns as underworld thug Chev Chelios in Crank: High Voltage

ity, a gimmicky plot device that unleashes scene after scene of finger-in-socket, silliness.

In an effort to out-inundate its audience with action, Crank is a non-stop, over the top orgy of violence, sex, misogyny, racism and general bad taste driven by a genuinely bizarre score by ex-Faith No More frontman Mike Patton.

But for all its sound and

fury, it feels safe: An over stylized, faux-hip descent into cartoonish, music video informed depravity that tries hard to be a grand scale Lloyd Kaufman meets Russ Meyer exploitation grindhouse-style movie. Instead, it comes off as a glossy — though undeniably energetic — big budget forgery.

Red Bull junkies, gamers, 12-year-old boys and easily

bored morons might love every inch of this fast forward, ultra-bloody time waster but by the time Statham turns into a jutting, power plant leveling Godzilla-esque monster — and yes, it does happen — even they might be annoyed by directors Mark Neveldine and Brian Taylor's grab bag lunacy and pretentious self awareness.

You have been warned...

## Actors, Hollywood studios reach deal

**LOS ANGELES** Hollywood studios and the largest U.S. actors union reached a tentative deal Friday on a new film and television contract that ends a bitter deadlock and would avert a strike the industry fears in a recession. The Screen Actors Guild with its 120,000 members and the Alliance of Motion Picture and Television Producers, which represents movie studios, gave no details of the agreement. **REUTERS**

## In brief

**EVENT** Filmmaker Kevin Smith will perform at New York's Carnegie Hall June 17 in *Silent Bob Speaks: An Evening with Kevin Smith*, in which the director will offer uncensored anecdotes. **HOLLYWOOD REPORTER**

## Kenya's Style

### Kenya Hunt

Read the blog at [metroneWS.ca/kenyasstyle](http://metroneWS.ca/kenyasstyle)

For complete online movie listings, trailers, reviews and tickets, visit:



DT	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	
4/20/09	265	353	2	TVO	Time Team		The Agenda With Steve Paikin	Midsomer Murders		Road to Tokyo (DVS)	Agenda-Paikin		
	211	331	3	GTV	ET Canada	Entertainment	Bones (HDTV PA) (N)	24 (HDTV PA) (N)	Heroes "I Am Syar" (N)	Heroes "I Am Syar" (N)	News		
	-	-	5	SRC	Virginie (SC)	La Petite vie	Chère Betty (HDTV) (SC)	Belle-baie (N)	Belle-baie (N)	Le Téléjournal et Les Nouvelles	La Zone		
	209	342	6	CHRO	Instant Star	TMZ (N)	Dancing With the Stars	Jeff Ltd.	Jeff Ltd.	(10:02) Castle (N)	Comedy Now		
	196	311	7	CTV	Hollywood	etalk	Big Bang Th	Gary Unmarr	Two/Half Men	The Mentalist (HDTV)	News (N)		
	208	303	8	CBC	NHL Hockey	Eastern Conference Quarterfinal Game 3 - Boston Bruins at Montreal Canadiens.		Corner Gas	CBC News: The National	The Hour			
	-	360	9	WB	Wheel-Fun-time	Jeopardy! (N)	Chuck (HDTV) (N)	Heroes "I Am Syar" (N)	Medium (N)	Denis Lévesque	News (N)		
	117	713	10	TVA	Le Top Bloopers	TVA	Ma Maison Rona (N)	Monk Monk va à l'hôpital. (SC)	TVA 22 heures	(10:45) Denis Lévesque	Loft Story		
	-	-	11	OS	Loft Story	C't'une joke	CSI: NY (SC)	Flash Point	Cent dix pour cent (SC)	Severin Blanchet	Facteur		
	137	763	12	TFO	Panorama		Kheops révélé	Jardins en automne (2006, Comédie)					
	-	362	13	CBS	Dr. Phil (HDTV)	Big Bang Th	How I Met	Two/Half Men	Engagement	The Mentalist (HDTV)	Two/Half Men		
	216	395	14	OMN2	Raymond	Raymond	News (N)	News (N)	Less-Kind	Two/Half Men	King	Hist Language	
	214	344	15	CITY	Law & Order: SVU		Chuck (HDTV) (N)	Surviving Sub.	Mantracker (DVS)	News (N)	The Simpsons	Metropia	
	115	343	16	CFMT	2Half Men	The Simpsons	News (N)	Vivere II	News (N)	The Simpsons	King of the Hill		
	218	345	18	E!	The Insider (N)	E! News	The Soup (N)	How I Met	My Boys	Engagement	The Best Years (DVS)	News (N)	
	-	361	20	ABC	News (N)	Entertainment	Dancing With the Stars	Surviving Sub.	(10:02) Castle (N)	News (N)	News (N)		
	512	396	24	CPAC	La Période de questions		Heure polit.	L'Heure politique		Revue	Période-quest		
	651	355	25	CTS	Happy Days	Laverne	Michael Corren Show	100 Huntley Street		Life Today	This Is Day	John Hagee	
	-	365	36	FOX	TMZ (N)	Seinfeld	Bones (HDTV PA) (N)	24 (HDTV PA) (N)		News (N)	News (N)		
	-	64	64	PBS	All-Star Auction								
	205	312	104	CTV	Hollywood	etalk	Big Bang Th	Gary Unmarr	Two/Half Men	Corner Gas	The Mentalist (HDTV)	News (N)	
	502	390	26	NW	CBC News	Newman	Planet Earth				CBC News: The National	National	
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias	Larry King Live (N)			Anderson Cooper 360 (HDTV)		
	406	417	27	DIS	Boxing	Olivia Gerula vs. Jelena Mrdjenovic. From Edmonton.		BC Poker Championship	Sportsnet Connected		Hockey Central		
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)	Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal	
	400	280	30	TSN	NHL Hockey	Eastern Conference Quarterfinal Game 3 - Capitals at Rangers		NHL Hockey: West Quarterfinal - Blackhawks at Flames					
	410	403	52	SCR	RaceNight			(9:15) WWE Monday Night Raw			Score Tonight		
	411	457	56	OLN	Bounty Hunter	Bounty Hunter	Departures "Thailand"	Mantracker	Bounty Hunter	Bounty Hunter	Departures		
	417	406	59	SC	Pimp My Ride	Pass Time	This Week in NASCAR (N)	SuperCars	SuperCars	Barrett-Jackson	Car Crazy		
	554	544	48	TEL	Total Spies	Total Drama	6TEEN	Futurama	Punch	Robot Chicken	American Dad	Moral Orel	
	557	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Zack & Cody	
	551	542	65	YTV	Karaoke Star Junior (N)		Malcolm-Mid.	Futurama	League-Evil	Zixx Level	Falcon Beach	Mystery Hnt.	
	570	580	29	MM	The Daily Fix		Ranked!		Don't Forget the Lyrics!	Entourage	Gene Simmons	The Daily Fix	
	615	520	31	CSI: Miami	"Three-Way"		Intervention (HDTV)	Intervention (HDTV)	Paranormal	Paranormal	Paranormal	Paranormal	
	628	584	32	SPKE	CSI: Crime Scene	CSI: Crime Scene Insgtgh.		UFC 75: Champion vs. Champion					
	521	560	34	TLC	Little People	Little People	Table for 12	Jon & Kate	Jon & Kate Plus 8 Go Green!	Little People			
	145	761	35	TV5	Mot de passe		Vie privée, vie publique		Club social "Louise Beaudin"	Journal TV5			
	616	521	36	SHO	The Outer Limits		Cashing In	Kink in Hair	Kenny-Spenny	Name Is Earl	The Office		
	620	523	40	BVO	Ballet Girls Dancers.		Ballet Victoria, A Leap of Faith	Audience Neil Diamond	Altered by Elvis	Law & Order			
	520	505	42	DIS	Daily Planet (N)		MythBusters	Dirty Jobs	The Detonators (N)	Daily Planet			
	575	583	43	CMT	Karaoke Star Junior		Home Improve.	Home Improve.	Reba	Hope & Faith	Karaoke Star		
	601	562	45	SLC	Skin Deep	Til Debt-Part	Wedding SOS	Wedding SOS	Reba	Hope & Faith	Karaoke Star		
	625	548	46	COM	Air Farce	Just for Laughs	Corner Gas	The Simpsons	South Park	Bob Saget: That Ain't Right	Daily Show		
	294	529	47	TBS	House-Payne	House-Payne	House-Payne	In Good Company *** (2004, Comedy-Drama)	Child's Play *** (1988, Horror)	Catherine Hicks.	Family Guy		
	600	564	49	H&G	House Hunters	Property Virgin	For Rent	Income Prop.	Property Virgin	My First Place	Holmes-Homes		
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Child's Play *** (1988, Horror)	Catherine Hicks.	Stargate SG-1		
	581	566	51	MTV	The Hills	After Show	TMZ News	Critics	The Hills	The Hills	MTV Live		
	129	773	54	TROP	Vanity Insanity	Reality	Carlawood	E News	Ground Up	Are You Smarter	Make or Break		
	522	506	55	HIS	NCIS "Chimera"		Hero Ships		Victory 1945 "Last Days"	NCIS "Chimera"	Sea Hunters		
	269	373	60	CD	Biographies		Construire en grand (HDTV)		Ca bouge en grand	Motorads hors-la-loi (HDTV)	Voyage d'enfer		
	261	394	61	V	Murder, She Wrote	Green Grass	May-December	McLeod's Daughters	Twist of Faith	Clergy	Poilegeist		
	602	567	62	W	Will & Grace	Friends	How Clean	Kim	Love It or List It (N)	Dollars	House	Maxed Out	
	269	350	70	APTN	Notre Peuple "Chute libre"	Tam	Pachamama	Rendez-vous sur la Lune * (1995, Fantastique)	Coddy Serpa.	Tsishanu			
	621	527	71	TLK	The Ellen DeGeneres Show (N)	TMZ (N)	etalk	Paris Hilton's British Friend	The Tonight Show-Jay Leno	TMZ			
	603	561	95	FN	Chef at Home	Chuck-Day Off	Work for Food	Glutton-Punish.	Food Detective	Get on Plate	Kitchen Nightmares	Restaurant	

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**critics'corner**

**An Audience With Neil Diamond**

With sales of 115 million records, Neil Diamond is ranked third on the list of the most successful artists ever. In this new special, he holds forth on his life and career before an audience that includes Tim Rice, Dame Judi Dench and Alison Steadman, before launching into his greatest hits. He performs old favorites along with songs from the 2008 album "Home Before Dark." 9 PM on 40 BVO

**The Big Bang Theory**

The holidays aren't very merry for Leonard when a handsome colleague begins dating Penny, while Sheldon drives everyone nuts trying to master the nuances of gift-giving etiquette in "The Bath Item Gift Hypothesis." 8 PM on 13 CBS 7 CTV 104 CTV

**Rules of Engagement**

Jeff invites Audrey to watch him play softball, hoping to show her that he's not an old fogey after he falls asleep while watching a movie, but he winds up being undone by a sneeze in the new episode "Old Timer's Day." 9:30 PM on 18 E!; 9:31 PM on 13 CBS

## 12 entertainment



Perpetual Hollywood bachelor Matthew McConaughey says that when it comes to marriage, why fix it if it ain't broke? "It's just not something I plan on doing right now, and that I feel like I need to do right now," said the 39-year-old actor. [PEOPLE.COM](#)

## Celebrity Buzz

## Tom calls in air support for Suri

**PEOPLE** Tom Cruise isn't one to let anything ruin his daughter's special day.

While celebrating Suri Cruise's third birthday Saturday, guests were reportedly disturbed by a paparazzi helicopter swooping overhead, according to TMZ, so Tom called the cops.

The LAPD airship reportedly did a flyby, but the offending aircraft was gone by the time they arrived.

**METRO WORLD NEWS**



## Amy's 'Ultimate Betrayal'

**RELATIONSHIP** Singer Amy Winehouse has reportedly penned a new track called the Ultimate Betrayal following claims her estranged husband is expecting a child with another woman, [femalefirst.co.uk](#) reports.

Mother-of-two Gileen Morris told a British newspaper last weekend that she is six weeks pregnant with Blake Fielder-Civil's baby.

Winehouse was reportedly heartbroken by the news — and has written an emotional song about her turbulent relationship

with Fielder-Civil while working on a new album in St. Lucia, according to British newspaper The Sun.

A source tells the publication, "Amy still felt they had something between them and that one day they'd be together again.

"But this

news destroyed her. She sat down with her guitar and started writing the Ultimate Betrayal. She keeps repeating the line: Blake a baby, no, no, no. It's very haunting."

**METRO NEWS SERVICES**



## Britney threatened by Kevin's new fiancée?

**PEOPLE** Britney Spears feels "betrayed" by Kevin Federline, [femalefirst.co.uk](#) reports.

The singer is reportedly furious with her ex-husband — with whom she has two children, Sean Preston, three, and Jayden James, two — after he proposed to girlfriend Victoria Prince, because Spears still has feelings for him.

A source close to Spears — who is rumoured to be dating her backing dancer Chase Benz — said: "Britney's face fell when Kevin told her he had proposed. She's been flirting with her dancers and has a thing going on with Chase but she still loves Kevin and always hoped they'd get back together.

"It wouldn't surprise me if her flirting with other guys was purely to make him jealous."

Spears — who divorced Federline in 2007 — is said to be particularly concerned with the amount of time Prince will be spending with his sons.

The source added: "I don't think Britney saw her as a threat until Kevin proposed but now she will be stepmother to Britney's kids and that doesn't make her happy."

**METRO WORLD NEWS**



## Madonna hurt in horse-riding spill

**PEOPLE** Madonna suffered "minor injuries and bruises" Saturday while horseback riding in New York's Hamptons, her publicist has announced, [people.com](#) reports.

On Saturday evening, Liz Rosenberg said that the 50-year-old had been released

from Southampton Hospital after she was thrown off a horse that was startled by paparazzi.

Rosenberg said the photographers had jumped out of the bushes to

snap Madonna, who was visiting friends on Eastern Long Island. Further medical tests are to be conducted, and doctors will continue to observe Madonna, the

rep added. In 2005, Madonna broke several bones in a horse-riding accident — cracking three ribs and breaking her collarbone and her hand. The following year, she suffered a hernia, but quickly recovered.

**METRO NEWS SERVICES**



## New judge for Mel

**LEGAL** Mel Gibson received a new judge after his lawyer requested to remove Judge Rafael Ongkeko from presiding over his divorce case against his wife, Robyn, [usmagazine.com](#) reports.

The case was reassigned to Judge Frederick Shaller "for all future court proceedings," [usmagazine.com](#) confirmed on Friday.

The star's attorney, Robert Kaufman, filed legal papers on Thursday with California's Superior Court to boot Ongkeko from the case.

According to the documents, Kaufman

said that Ongkeko is "prejudiced against respondent and/or the respondent's attorney or the interest of respondent so that affiant against cannot or believes that he and/or respondent cannot have a fair and impartial trial or hearing before Judge Ongkeko."

According to TMZ.com, it is more likely that the couple will not appear in an L.A. county courthouse and will instead get a private judge to hear them out away from all the publicity and attention.

**METRO NEWS SERVICES**



## Wife prefers a fat, flabby Hugh

**PEOPLE** Hugh Jackman's wife finds his muscular body "annoying," [femalefirst.co.uk](#) reports.

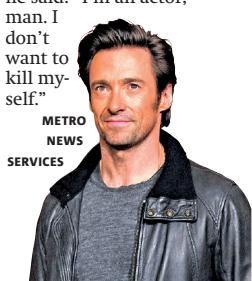
The actor, who embarked on a gruelling exercise regime for his new movie *X-Men Origins: Wolverine*, infuriated his spouse Deborra-Lee Furness by getting into better shape than her.

He joked: "She gets very annoyed. She says, 'A husband's job is to be fat and flabby and make me look fabulous.' She said I wasn't living up to my end of the bargain."

Hugh undertook a "full-on" fitness and diet program to reprise his role as the mutant superhero and says he achieved his chiselled physique through two full workouts daily, and meals of steamed chicken and vegetables every three hours.

Addressing reports he used steroids to bulk up, he said: "I'm an actor, man. I don't want to kill myself."

**METRO NEWS SERVICES**



## Spencer's Twit-challenge

**RIVALRY** The same day that Ashton Kutcher beat CNN in their much-hyped Twitter race to reach one million followers, a new challenger has surfaced — The Hills' Spencer Pratt.

Though he currently has less than 200,000 followers on the social networking site, Pratt issued a

challenge to Kutcher through [usmagazine.com](#), "assuming he's man enough to do so, (to add) the most new followers in 30 days wins."

"If I win, Ashton and Demi (Moore, his wife) have to wash my car," he says. If he loses, "Heidi (Montag) and I will clean their house."

**METRO NEWS SERVICES**



## Jean-Claude Van Damme available on Blu-ray and DVD April 28th

"He deserves not a black belt, but an Oscar."

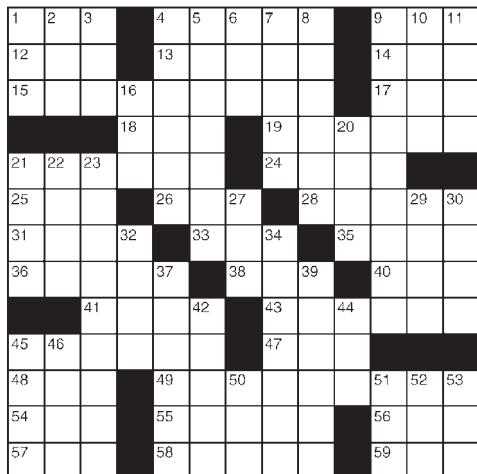
- TIME Magazine



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For more delicious Metro recipes, visit: [metronews.ca/food](http://metronews.ca/food)

## Crossword across

1 "By all means" 33 — de deux  
4 Picture puzzle 35 Rational  
9 Bat wood 36 Churlish types  
12 Beer cousin 38 Pit of your stomach  
13 Representative 40 "CSI" find  
14 Falsehood 41 "Peter Pan" pooch  
15 Willa Cather work 43 Grace, for one  
17 Tribute in verse 45 Cyndi Lauper hit  
18 Mel of Cooperstown 47 Glutton  
19 Christmas tree 48 Ball prop  
shimmer 49 Willa Cather work  
21 Rose or carnation 54 Listening device  
24 Fit of perversity 55 Oyster prize  
25 Mouth part 56 Seek damages  
26 Groove on 57 "Doubtfire"  
28 Spread outward 58 Fry lightly  
31 Surrounded by 59 Grow old

## Crossword down

1 Sweet potato 27 Joke  
2 TV Tarzan Ron 29 Hathaway or Heche  
3 Mariner's place 30 Calendar quota  
4 Snatched (on) 32 Hardly fascinating  
5 Self-indulgence of a sort 34 Boost  
6 Franklin or Stein 37 Gets nosy  
7 Monads 39 Tiny amount  
8 Dry cleaner's targets 42 Breathlessness?  
9 Willa Cather work 44 Past  
10 Faction 45 Goblet feature  
11 Back of the foot 46 Listen to  
16 Promptly 50 Water (Fr.)  
20 Pinches 51 Mex. neighbour  
21 "Spare tire" 52 Carpet  
22 Car to a prom 53 Witness  
23 Willa Cather work

## PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

A	S	C	A	P	D	I	G	U	P
M	I	L	A	B	U	E	M	O	I
A	N	A	K	D	N	A	P	P	E
I	A	N	E	D	E	G	D		
N	I	G	H	T	F	S	O	M	T
A	M	S	D	A	P	P	E	R	
C	L	A	R	A	L	A	T	T	E
R	A	P	P	E	R	T	A	R	
O	B	E	A	L	E	K	I	T	I

4	8	1	5	9	2	3	6	7
7	2	3	4	6	8	9	1	5
5	6	9	7	1	3	8	2	4
1	5	6	8	4	9	2	7	3
2	3	8	1	7	6	4	5	9
9	4	7	3	2	5	1	8	6
3	1	2	6	5	4	7	9	8
8	9	5	2	3	7	6	4	1
6	7	4	9	8	1	5	3	2

Find today's answers + play more games at [metronews.ca](http://metronews.ca)

## SUDOKU SOLVE TIME:

Under 13 min .....Genius 17-21 min .....Smart  
13-17 min .....Scholar 21-25 min .....Not bad  
25+ min .....Keep practising

## Metro Recipe of the Day



## Basil-Stuffed Chicken Breasts

## INGREDIENTS:

4 skinless boneless chicken breast halves  
3 oz (90 g) mozzarella cheese, thinly sliced  
1 tomato, thinly sliced  
1 garlic clove, crushed  
1 bunch fresh basil, about 3/4 oz (20 g)  
4 slices prosciutto, about 2 oz (60 g) in total  
1 tbsp (15 ml) extra-virgin olive oil  
Salt and fresh-ground black pepper

## GREEN SALAD:

2 tbsp (25 ml) extra-virgin olive oil  
Fresh juice of 1/2 lemon

4 oz (125 g) mixed salad leaves  
1 bunch fresh watercress, large stems discarded

## METHOD:

- Preheat the oven to 425 F (220 C). Slit each chicken breast half and enlarge to form pocket.
- Divide mozzarella between chicken breast halves, sliding slices into pockets. Top cheese with tomato slices and crushed garlic. Roughly chop some basil and sprinkle in pockets.
- Season chicken breasts. Place large sprig of basil

on each, then wrap in a slice of prosciutto, making sure that ham covers slit in chicken. Tie securely with kitchen string.

4. Heat oil in large frying pan over medium heat. Add chicken breasts and sauté over high heat until brown on both sides, 3 minutes. Transfer chicken to baking dish. Bake until chicken is cooked through and juices run clear when breast is pierced, 10 to 12 minutes.

5. For salad, put oil and lemon juice in bowl, season with salt and pepper to taste, and whisk. Add lettuce and watercress, then toss. Divide between 4 serving plates.

6. Remove string from chicken breasts. Cut each piece crosswise into slices, holding together to keep shape. Arrange on salad and garnish with remaining basil.

## SERVES 4

## rd.ca

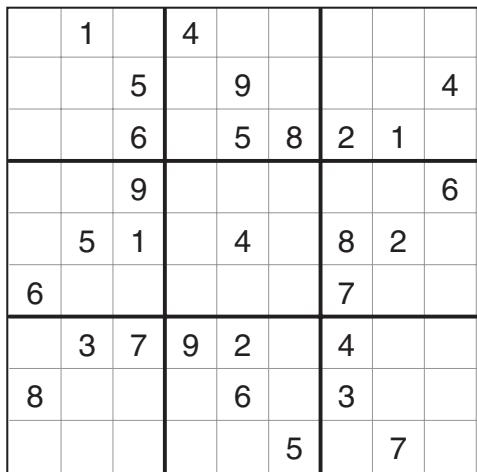
For nutritional information on this and other great recipes, go to [rd.ca](http://rd.ca) or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



## Sudoku

For more/less challenging Sudoku puzzles, visit [metronews.ca](http://metronews.ca)

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

Find today's answers + play more games at [metronews.ca](http://metronews.ca)

## SUDOKU SOLVE TIME:

Under 13 min .....Genius 17-21 min .....Smart  
13-17 min .....Scholar 21-25 min .....Not bad  
25+ min .....Keep practising

## Horoscopes

## ARIES



**MARCH 21-APRIL 20**  
A happy friend speaks out of turn. A crook complains about your advice. Someone jumps out from a hidden alcove.

## TAURUS



**APRIL 21-MAY 21**  
Somebody knows that you won't say the wrong thing. Have fun with a group of friends. An arrogant person needs a lesson in hospitality.

## GEMINI



**MAY 22-JUNE 21**  
Even a miracle can't bring something back to you. Someone you know will explode with laughter. Wait patiently for a floundering fool.

## CANCER



**JUNE 22-JULY 22**  
An insulting person will cause misery. Single out a much-loved guy for special attention. Try new approach in search of satisfaction.

## LEO



**JULY 23-AUG 23**  
Enjoy foolish rules if you're not forced to obey them. A crazy scheme is challenged by a skeptic. A private place is helpful to soothe a wounded ego.

## VIRGO



**AUG 24-SEPT 22**  
A woman will go out for treats. A reality check resolves nothing. A moment of fame leads to hours of flattery.

## LIBRA



**SEPT 23-OCT 23**

A control freak makes a savage point. Disguise your response to a lovelorn person. Performing a random act of kindness does you good.

## SCORPIO



**OCT 24-NOV 22**

Give a troubled person some special help. You can help to stabilize a volatile situation. Someone you dream about will escape from danger.

## SAGITTARIUS



**NOV 23-DEC 21**

Use your self-discipline to play by the rules. An elder wants you to lose a game. Don't trivialize a wild and crazy fantasy.

## CAPRICORN



**DEC 22-JAN 20**

A true friend has gone astray. A promise interferes with your love life. When an opening comes up you should grab it.

## AQUARIUS



**JAN 21-FEB 18**

A stranger won't take your status for granted. A shredded heart will be mended. Being silly is more fun than it used to be.

## PISCES



**FEB 19-MARCH 20**

An elated person is a conversational topic. An indirect assessment takes place at a meeting. Romantic risks are discussed.

## AVATAR VENUS

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**break the habit**  
for a healthier  
future?



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